

CLAIMS:

1 1. A method for engaging in an activity, the activity to be engaged in by a plurality
2 of players, each player provided with at least one disc with identifying indicia, the method
3 comprising

4 each player throwing at least one disc at a target, each disc having identifying
5 indicia for identifying the player throwing said disc,

6 scoring for each player based on a final resting location of said at least one disc,

7 said at least one disc comprising an aerodynamic flying disc and having a disc
8 body with an annular rim comprising a downturned lip and having an airfoil profile that
9 creates lift in flight, and

10 said at least one disc having a score value indicator which corresponds to a
11 number of points that can be scored with said disc.

1 2. The method of claim 1 wherein the plurality of players are divided into at least
2 two opposed teams.

1 3. The method of claim 2 further comprising

2 each team alternating on offense and defense, a team on offense attempting
3 to score and a team on defense attempting to prevent the other team from scoring.

1 4. The method of claim 1 wherein a score is achieved for a disc that hits the target.

1 5. The method of claim 1 wherein the target is a container and the players attempt
2 to throw the at least one disc into the container.

1 6. The method of claim 1 wherein the at least one disc is a plurality of discs.

1 7. The method of claim 1 wherein a player is allowed to retrieve a disc that fails
2 to hit the target and again throw said disc at the target.

1 8. The method of claim 1 wherein the target is a container and the players are
2 spaced-apart around and each equidistant from the container.

1 9. The method of claim 1 wherein the target is a soccer goal.

1 10. The method of claim 1 wherein the identifying indicia is color.

1 11. The method of claim 1 wherein the at least one disc's annular rim effects
stabilizing gyroscopic action in flight.

12. A method for engaging in an activity, the activity to be engaged in by at least two players, the players divided into a first team and a second team each team with at least one player, the first team provided with at least one disc, the at least one disc having a soft outer portion for inhibiting injury to a person struck by said disc, the method comprising

at least one player of the first team throwing the at least one disc at a player of the second team,

said at least one disc comprising an aerodynamic flying disc and having a disc body with an annular rim comprising a downturned lip and having an airfoil profile that creates lift in flight, and

said at least one disc having a score value indicator which corresponds to a number of points that can be scored with said disc

1 13. The method of claim 11 wherein each team has a plurality of players.

1 14. The method of claim 11 further comprising

2 each team alternating on offense and defense.

1 15. The method of claim 11 wherein a score is achieved by hitting a player with a disc.

1 16. The method of claim 11 wherein a score is achieved by a player by catching a
2 disc thrown at said player.

3 17. The method of claim 11 wherein the second team has at least one disc and a
4 player of the second team throws at least one disc at a player of the first team.

18. The method of claim 11 wherein the at least one disc's annular rim effects stabilizing gyroscopic action in flight.